

# Warning Signs of Stroke

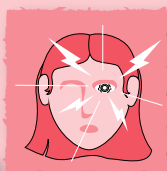
Stroke is a medical emergency.  
Know the signs,  
reduce your risk,  
protect your life!

1

Sudden numbness or weakness of face, arm or leg, especially on one side of the body



2



Sudden trouble seeing or loss of vision in one or both eyes

3

Sudden, severe headaches with no known cause



4



Sudden confusion, trouble speaking or understanding speech

5

Sudden trouble walking, dizziness, loss of balance or coordination



**If you experience any of these warning signs, get help!  
Call 911 immediately.**

## You Can Lower Your Risk of Stroke by

- ♥ Getting your blood pressure checked regularly
- ♥ Being physically active
- ♥ Quitting smoking
- ♥ Taking prescribed medications properly
- ♥ Eating a low-fat diet
- ♥ Not drinking alcohol excessively

*The American Heart Association sponsors the Stroke Connection Warmline for stroke survivors, their caregivers and families. Call*

**1-800-553-6321**

**American Heart Association®**  
*Learn and Live<sup>SM</sup>*



*For more information, please call the American Heart Association at 1-800-AHA-USA1 or visit our Web site at <http://www.americanheart.org>*



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